

> 10 Delicious dining



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> 18 Olympic drop shot



# the newhammag

issue 201 // 6 to 20 August 2010



## Ticket to ride

Your chance to cycle the circuit of The Tour of Britain (p8)



# Free garden waste collection

Just place your flowers, weeds, grass cuttings and small branches in normal black refuse sacks, then call us on **020 8430 2000** or visit **[newham.gov.uk](http://newham.gov.uk)** to book a collection.



**Play your part for  
a Cleaner, Greener  
Newham.**

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6 August 2010 // **issue 201**



In this issue we celebrate our borough's hard-working spirit. From 100 years of Hardwick Textiles (p22) to our new Food Awards (p10), we commend those businesses that are going the extra mile and doing well as a result. Nominations are now

open to enter the talented young person you know for a Shining Through Award (p12) and, for our adults, there are two positions open to join our audit board and continue your professional development (p17).

Enjoy!

*Cllr Conor McAuley*  
Executive member for regeneration  
and strategic planning

**Don't forget** – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

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## IN BRIEF //

### Custom House hits the jackpot

Newham Council is helping to identify projects in Custom House that could benefit from a share of lottery good cause funding.

The Big Lottery Fund has announced that Custom House Ward is to receive £1m from its Big Local Trust programme. It will go to community initiatives, which could include allotments, drama groups, bowls clubs or schemes that allow people to get to know their neighbours.

Custom House is one of 50 areas across England to benefit from the Big Local Trust programme. It was chosen following an analysis of the quality of life of people in the area. Lottery representatives will be working with the council, residents and community organisations to identify who should benefit.

### Games road plans revealed

Plans to ensure that athletes, officials and the Olympic family can get to venues on time have been published by 2012 Games organisers.

The aim of the Olympic Route Network and Paralympic Route Network (ORN/PRN) is to help people who are essential to the Games get to the venues, but also to ensure that millions of Londoners are able to go about their business whilst the Games are on. Most roads on the ORN will remain fully open for general traffic.

The document can be read or downloaded at [www.london2012.com/publications](http://www.london2012.com/publications)

### Become a face of fitness

We're looking for residents to try out one of a range of adult sports activities offered by the council and report back to our readers on how they found it.

If you're interested in getting moving and shifting those pounds contact our sports activity team on 020 8430 2000 or email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)



### Reel success for film-maker

A film-maker from Forest Gate has beaten stiff competition from across London to scoop the Best of Boroughs Film Award 2010.

Rohan Green was handed the Audience Choice Award by acclaimed British director Eran Creevy during a ceremony at the headquarters of the British Academy of Film and Television Arts (BAFTA) in the West End.

Rohan's short film, Physical Education, was filmed at Lister Community School in Plaistow. The action centres on a teenage fencer's desire to appear at the Olympic Games, despite mocking from her peers.

The film was funded by Newham Council through the New Pathways Film Fund, and Rohan received script advice and location help from the council's film department.



(L-r) Film London chief executive Adrian Wootton, Rohan and Eran Creevy

### Queens Market is flourishing

The management of Queens Market in Upton Park is back in the hands of Newham Council after developers St Modwen decided to withdraw from the redevelopment project.

The council will continue to work directly with traders and shopkeepers to develop a sustainable future for the market.

St Modwen wanted more time to deliver revised proposals. Councillor Ian Corbett, executive member for environment, said: "We aren't prepared to wait until 2014 for work to start on a redevelopment programme which is a priority.

"Despite what people may read in the local media, the market has never been under threat of closure.

In fact, the opposite is true. It is full, with a waiting list, and flourishing.

"The council remains fully committed to the market and we are now seeking another developer."



Queens Market



# News

## Olympics hope for young volunteers

The London Organising Committee for the Olympic and Paralympic Games (LOCOG) has asked Newham Council for guidance about training and working with volunteers aged under 18.

The request comes after Young Mayor Kaycee de Belen wrote to LOCOG chair Seb Coe, asking him to rethink a policy not to allow under 18s to volunteer at the Games. Kaycee and Deputy Young Mayor Aadilah Ismail met LOCOG decision makers to discuss the role of young people.

Kaycee said: "I want to do everything in my power to ensure our young residents get real benefits from the Games. We don't want to be just ball boys and girls so LOCOG needs to tell us what else is on offer.

"The London 2012 Bid promised a legacy of regeneration. Young people have much to gain from living in the Olympic host borough but this will be jeopardised if we are not involved in practical ways like volunteering."



Kaycee and Seb Coe

## Slippery customer is reunited

In the last issue of the Mag, we brought you news of one amazed resident who called Newham Council after finding a snake in her kitchen. After reading the story, Stratford resident Arek Wawrowski got in touch with us after realising the snake in question was his!

Arek was bought the snake as a gift by his girlfriend. He said: "I was reading the Mag and spotted the picture of the snake. I took a closer look and realised that it was similar to the one I had; I did my own investigation and found out that the woman who found it lived next door."

After verifying that Arek was indeed the snake's owner, pest control officer Paul Voller returned the reptile, called Gibiki, to his original home. Arek said: "I appreciate Paul looking after my snake and helping the other woman too."

During his time away, Gibiki grew quite a few inches. Paul rather enjoyed looking after him and said: "It

was no trouble to look after and I'm going to go now and get a similar snake for myself."



Flexible friends  
Arek (l), Paul  
and snake  
Gibiki

## Fun is thriving

Residents young and old joined Mayor Sir Robin Wales and local councillors at a fun day which gave them the chance to find out about the changes happening to Custom House and Canning Town.

The Thrive 2010 event at Canning Town Recreation Ground was packed with activities for visitors to try including a climbing wall, dancing, art activities and sports. Children enjoyed bouncy castles and face painting. They were also given plant pots and seeds to grow.

Custom House and Canning Town is undergoing massive change and the council's regeneration and active community teams explained to residents what is happening.

Canning Town North ward member Paul Schafer said: "Events like this enable the community to come together. There's a lot of change happening and we wanted people to know what is planned so they can have their say."



Amy and Robbie Hackett meet  
the Mayor and Cllr Schafer

# Diamond waiting to be polished

If I was to ask you these questions, what would your answer be?

- > What does a fifth of the UK population see on TV four nights per week and once on Sunday?
- > What is the size of Venice and has 14 miles of waterside – much of which is ripe for development?
- > What is the sweetest part of Britain (two thirds of Europe's sugar is refined here)?

The answer is, of course, the Royal Docks, as those familiar with the revamped opening credits of EastEnders will be quick to tell you.

**“Nowhere else in the UK is being transformed on the scale of Newham and one of the most interesting areas to keep your eye on is the Royals”**

With all the attention drawn to the building of the Olympic site and the huge changes taking place in Stratford, it would be easy to forget the huge potential for investment and growth that exists in other parts of the borough.

Nowhere else in the UK is being transformed on the scale of Newham and one of the most interesting areas to keep your eye on is the Royals, once the beating heart of Britain's overseas trade.

World economic forces dealt them –

and the vast number of people whose lives were dependent on them – a cruel hand. For too long the area has been in the doldrums, waiting for better times ahead.

Last week I unveiled a plan with the Mayor of London that would see the 2012 Games being used as the key to bringing high value, high quality job – creating investment to the Royals.

With miles of dock and river frontage and open spaces, they offer huge benefits for those looking to move their business or make a home there. Blue-chip company Siemens PLC have already announced they're

coming. Now we want more.

Being so well connected to the Docklands Light Railway and Jubilee Line, with Crossrail due to arrive in 2017 and plans for a new cable car river crossing to Greenwich, the Royals are where London's future essential economic growth can truly thrive.

We'll be doing everything we can to make sure that people and businesses wanting to come here can do so simply and quickly. In the past the Royal Docks have seen many false dawns. They are a diamond waiting to be polished and we can all benefit as a result.



Showing Siemens chief executive Andreas Goss the potential of the Royals



## Mayor's view

## Festival of fun

As a local it was great to be able to join in the fun of the recent Forest Gate Festival, which the council plays a part in organising.

This is always a colourful event and this year featured music, food and street entertainers, among a host of stalls and activities.

It's a great community event and a fine example of people coming together, celebrating diversity and creativity, and having fun. I hope others are encouraged to do the same and as a council we will do all we can to help.



Admiring the plants on offer at the festival with Cllr Ellie Robinson and residents

## Mascots are true Olympians

During all the fun and games around the celebrations to mark two years to the opening ceremony of the Olympic Games, I got to meet the two Games mascots, Wenlock and Mandeville.

Wenlock is named after the Shropshire town of Much Wenlock where doctor William Penny Brookes founded the Olympian Games in 1850, the forerunner to the modern

Olympics. They included a range of athletic and country events including cricket, jumping, a three mile Penny-farthing race and knitting!

The link with the 2012 Games is already benefiting Much Wenlock in terms of visitor numbers. I'm thrilled the world's greatest sporting event is happening on our doorstep, but this shows why the Games are relevant across the country as a way of connecting with local communities.



Mascots Wenlock, right, and Mandeville, named after Stoke Mandeville Hospital where the Paralympic movement began

## Students suited to success

If you see me out and about in a nice new whistle and flute, then it's all down to the talented students at Newham College of Further Education.

Ten students on the college's NVQ tailoring course have designed and made me a navy suit as part of their studies.

It's the first one they have ever made with material from Savile Row. I've bought the suit and it's already attracted its fair share of admiring glances.

It's great to see young people achieving their full potential. I'm sure they've all got very promising careers ahead of them.



The final suit fitting with college head of tailoring Chris Hall

# with Sir Robin Wales



# GET ON YOUR BIKE FOR

**Ride the Tour of Britain route for free! We've got 500 places up for grabs to take part in the Prostate Cancer Charity Tour Ride.**

The final stage of the prestigious Tour of Britain rolls into the borough on Saturday 18 September, when 96 world-class cyclists will get on their bikes and hurtle along at speeds of up to 50mph around a 12km circuit starting outside Newham Dockside, 1000 Dockside Road, E16.

Before the professionals take their marks, there's a unique opportunity for members of the public to cycle most of the route themselves. Newham Council has 500 free entries, usually £20 per person, for The Prostate Cancer Charity Tour Ride. These are up for grabs solely for Newham residents on a first come, first served basis.

To sign up for your exclusive chance to burn some rubber go to **[www.newham.gov.uk/tourofbritain](http://www.newham.gov.uk/tourofbritain)** before the limited

free places are snapped up. You may even spot some celebrities, including EastEnders star Patrick Trueman, played by Rudolph Walker, who will also be taking part in the event.

The race, which in the past has uncovered stars such as future Olympic hopeful and Tour de France competitor Mark Cavendish, will snake around Royal Albert Dock, with participants taking in sights including the ExCeL Exhibition Centre and the O2. The Transport for London (TfL) route then runs along the Lower Lea Crossing before heading back towards London City Airport and the finishing line.

For those who aren't too keen on cycling there'll be plenty of other activities

on the day including a foodie's dream day out at the Newham London Waterfront Festival. From 11am-9pm, Royal Victoria Dock will host a food festival with stallholders from across London among local producers. Read more about the Festival in the next issue of the Newham Mag.

The day's activity will conclude with a fantastic firework display at 8.45pm. So come along and make a day of it; enjoy good food, drink and the special atmosphere generated by the final stage of The Tour of Britain.

**Saddle up! Claim your free place on the The Prostate Cancer Charity Tour Ride by registering at [www.newham.gov.uk/tourofbritain](http://www.newham.gov.uk/tourofbritain)**



# THE TOUR OF BRITAIN

## SIT BACK AND ENJOY THE RIDE

If you can't wait until September to get on your bike, oil up your wheels of steel and join Newham Cyclists as they take you around the borough.

Enjoy a leisurely ride on an almost entirely off-road route along paths suitable for all types of bikes. With a café stop included, the route takes in sights including the 2012 Stadium, Three Mills (Grade I listed), Royal Docks, ExCeL and Thames Barrier Park.

Upcoming rides take place on Saturdays 21 August and 11 September. Each ride starts at 10.30am from outside Stratford Station and finish there at about 3pm. They're free and there's no need to book, just turn up.

**For more information visit [www.newhamcyclists.org](http://www.newhamcyclists.org)**

For details of other ways to you can get out and about in Newham grab a copy of the Active Living Map, available from your leisure centre, library or Local Service Centre.



## SAVE TIME ON THE SUPERHIGHWAY

If you want to get from Newham to central London in no time at all try pedalling down one of TfL's Barclays Cycle Superhighways. These bright blue cycle lanes, brighter than their green counterparts, make cyclists more visible and provide a direct route into town. Newham's Superhighway starts at the A13 on Alfreds Way with the blue tracks guiding you through the borough, down towards Limehouse and up to Tower Hill – a total of 7.6 miles. Find out more and discover other routes by visiting [www.tfl.gov.uk](http://www.tfl.gov.uk)



Container Cafe



Circus Eats



# TICKLE YOUR TASTE BUDS WITH THE NEWHAM FOOD AWARDS

**Newham's diverse culture brings in flavours from across the world meaning we've got tastes to suit the pickiest diners' plates. To help you get the most when you munch, we sent out a group of undercover agents on a mystery dining mission – and the results are in.**

Our top secret tasters sampled and rated the dining experience at more than 40 eateries in Newham across a range of criteria. While quality of food played a big role, restaurants were also judged on customer service, cleanliness, if kids and vegetarian meals were on the menu and, most importantly, would they recommend it to a friend?

The mission is complete and the eateries have all been given a rating. Here at the Mag we've carefully examined results to give you our foodie faves for all occasions:

**Best café** – *Container Café at the View Tube, The Greenway, Pudding Mill Lane*

**Best for children** – *Nandos, 1A Romford Road*

**Best for lunch** – *Vijay's Chawalla, 268 Green Street*

**Best for dinner** – *Circus Eats, Gerry Raffles Square*

**Best pub food** – *King Edward VII, 47 Broadway.*

All these venues have been honoured with a Newham Food Award, celebrating their success at providing great grub in a brilliant atmosphere.

## VOTE FOR YOUR FOODIE FAVE AND WIN DINNER FOR TWO

We've heard what the uncover experts have had to say but what do you think?

Tell us what's your top table and be in

with a chance of winning a free dinner for two at Circus Eats in Stratford.

To vote for your favourite restaurant or café to win the People's Choice Food Award send the eatery's name with your name, address and daytime phone number to Anna Reade, West Wing, First Floor, Newham Dockside, 1000 Dockside Road, E16 2QU, or email [anna.reade@newham.gov.uk](mailto:anna.reade@newham.gov.uk) by 31 August.

The venue with the most nominations wins and every voter will be entered into the prize draw.

For details of all restaurants surveyed visit [www.newham.com/eatingout](http://www.newham.com/eatingout) All eateries on the website comply with environmental health legislation.

To find out how clean and hygienic your favourite eatery is in Newham or anywhere in the UK, visit [www.scoresonthedoors.org.uk](http://www.scoresonthedoors.org.uk) and have the experts do a spot check.

An extra **£81** per week  
**=£4,200** a year better off!

Your neighbours in Newham found work with the support of the Mayors Employment Project. On average they are now £81 per week better off, which amounts to £4,200 over one year.

The Mayors Employment Project supports people who live in households where no one's working, or those with little or no work experience.

What would you do with the extra cash?

**Contact us for more information**

**020 3373 1101 / [info@newhamworkplace.co.uk](mailto:info@newhamworkplace.co.uk) / [www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)**

Stratford East Ham Canning Town



**Sessional Instrumental Tutors required for Newham's Every Child a Musician programme.** £22.63 ph (plus £2.43 ph holiday supplement), flexible hours. Vacancy ref: CY12345A.

Do you want to be part of an exciting and ambitious new music scheme for young people? The Mayor of Newham is launching Every Child a Musician, a programme providing instrumental music tuition for every Year Five child in the borough.

We have excellent opportunities for musicians with experience of teaching young people who want to join us in making this programme a success. We are looking for staff with skills in the following areas:

- > String (violin, cello)
- > Woodwind (flute, clarinet)
- > Brass (trumpet and trombone)
- > Acoustic guitar
- > Keyboard

We offer a supported programme (induction; networking events etc.), flexible working arrangements and the chance to contribute your ideas to the development of this exciting new programme. Closing date: noon Thursday 19 August 2010.

**For further information and to apply please go to**  
**<http://www.newham.gov.uk/Jobs/>**

**Do you want to become a music tutor?**

We are also keen to hear from you if you are a local musician wanting to become a music tutor. We may be able to offer you our Every Child a Musician training and development programme in October 2010, aimed at training new tutors.



# SEARCHING FOR OUR STARS



If you're a young person, how do you know that you're doing well, academically or personally? Often young people get most attention when they're doing something wrong, but in Newham we want to change this. We've revamped our Shining Through Awards so even more young people can get the praise they deserve for their achievements, academic or social.

The Shining Through Awards have always rewarded the hard working and this year is no different. The only change to the nominations is that young people from all walks of life will now have the opportunity to be recognised for something great that they do. But you can't blow your own trumpet – you need someone to do it for you.

This year anyone can nominate a young person or group of young people, regardless of age, where they live, or their relationship with the young person: you could be their teacher, friend, neighbour or relative. The nominee must be aged between ten and 19 years, or under 25 if they have special needs. The nominee must also live, work or study in Newham and have done their good work or deed during 2009 or 2010.

Nominations close on Friday 1 October. Two glamorous award ceremonies; a tea party for shortlisted nominees aged under 11 and a glamorous red carpet event for the over 11s, will take place in November, when the winners will be announced.

**Here are the nomination categories. Get your thinking caps on and start penning why you think your nominee deserves to be our shining star.**

### **GROUP AWARDS**

#### ***Citizenship Award – making a positive difference***

We want to hear about groups that have gone out of their way to make a change in any setting including schools, neighbourhoods or social clubs.

#### ***Community Award – happy and healthy neighbourhoods***

Tell us about young people you

know that have improved community life and made Newham a better place.

### **INDIVIDUAL AWARDS**

#### ***Personal Achievement – recognising effort***

This award recognises young people who have overcome adversity and hardship in their lives; tell us how your nominee has overcome challenging personal circumstances.

#### ***Excellence in Learning – academic progress***

Know someone who's put in hard graft to get ahead of their peers? Tell us why they deserve this award.

#### ***On the Right Track – making the right choices***

The right path is sometimes harder to tread than the road which is easier to take. How did your nominee make a personal positive change to their life?

#### ***Young Apprentice – demonstrating learning and knowledge***

Tell us about new skills or applied knowledge gained in your nominee's chosen field.

### **GROUP AND INDIVIDUAL AWARDS**

#### ***Safer Newham – keeping people safe from harm***

The judges will be looking for examples that demonstrate concern for peers and the action taken to make them safer.

#### ***Get Active – sporting and physical achievement***

Competitive or non competitive, as long as your nominee's excelled in



sports, dance or any physical activity, we want to hear their story.

#### ***Creativity in the Arts – everything from DJ-ing to art and poetry***

Awards will be given to individuals and groups who have shown creativity and innovation, with extra credit given for unique ideas.

#### ***The Young Mayor's Award – Newham's most outstanding young person***

We're looking for that one in a million person. This person will have delivered or achieved something very special that has made a real difference to people's lives in Newham.

### **GET YOUR NOMINATIONS IN**

**A more detailed description of all the award categories is available at [newham.gov.uk/shiningthroughawards](http://newham.gov.uk/shiningthroughawards) where you can also download a nomination form and get pointers on how to make your application stand out from the crowd – including a sample nomination entry.**

# Under the Stars

FREE

26-29 August,  
Central Park,  
High Street South, E6

See out the bank holiday weekend with a bang this August as the **FREE** Under the Stars music festival makes a welcome and spectacular return to Newham.



Whether you want to boogie to some funky disco grooves, pick up the Latin vibe with some big band salsa, feel the rhythms of the finest Asian beats or celebrate under the fireworks, there's a feast of musical delights for all ages.

With a line-up to whet any appetite, this year's festival, sponsored by Westfield Stratford City, in Central Park, East Ham, promises an eclectic mix of sights and sounds from across the globe; so grab your dancing shoes, pull on your glad rags and mark the date in your diary for the greatest free music spectacular around.

Mayor Sir Robin Wales says: "Under the Stars is the Glastonbury of Newham – without the camping and the huge price tag!

"For more than a decade, with help from a stellar line up of artists, we've given our residents great reasons to shake their hips and tap their toes, and this year is no different.

"The four free nights of musical magic promise to cater for all tastes, from the lively Latino beats to the classical crescendo that is the Newham Summertime Proms.

"This year we've brought the date forward so residents don't need to escape this bank holiday – Newham's the place to be – let us entertain you at Under the Stars, it won't cost you a penny."





## FREE: BIG FUN for Little Ones

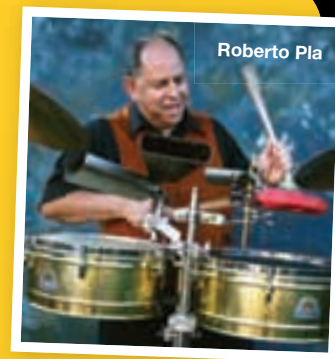
Central Park, E6, 12noon-3.30pm,  
Friday 28 and Saturday 29 August

The bank holiday weekend also has a feast of fun in store for Newham's smaller residents, with two days of free entertainment and activities for under 11s in Central Park. With bouncy castles, arts and craft workshops, story telling, face painting and circus skills, there's so much going on for kids they won't want the fun to end.

## Latino Live

Thursday 26 August, 7-10.30pm

Lively Latin beats kick off our musical feast. Headlining will be resident **Roberto Pla & his Big Band Latino**. He knows how Newham likes to party so be prepared to dance to spicy salsa, swinging Afro-Cuban jazz and tropical Columbian grooves. Roberto will be accompanied by a 20-strong band of musicians who'll keep your hips shaking long after the night has ended.

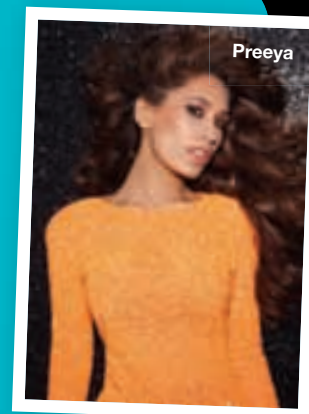


Roberto Pla

## Eastern Beats

Friday 27 August, 7-10.30pm

Get ready to screw those light bulbs as **H Dhami** returns to Newham to headline Eastern Beats. He'll be joined by Newham's **Mumzy Stranger**, Britain's Got Talent duo **Signature** and **Preeya**, formerly EastEnders' Amira Shah, who'll be performing her latest single. Make sure you wear comfortable shoes as you'll be dancing all night long!



Preeya

## Back to the Boogie

Saturday 28 August, 7-10.30pm

Experience a real **Heatwave** as the renowned 70s group treat you to a *Boogie Night*. Whether you want to *Use it Up and Wear it Out* with a little help from **Odyssey**, or you're looking for **The Real Thing**, you'll find them all at Central Park, which will be filled with soul, funk and disco classics.



Odyssey

## Newham Summertime Proms

plus fireworks finale

Sunday 29 August, 7-10.30pm

Experience Freedom Under the Stars, a collaboration between the **Royal Philharmonic Concert Orchestra** and talented students from the **Newham Academy of Music**, before the legendary ensemble set the sky alight with their classical climax – a magical fireworks display set to music; this is a night not to be missed.



RPCO

# Walk this way and discover Newham

From the spice trails of Green Street to the tranquility of the Royal Docks, Newham is as diverse as its people. Whether you've lived here for an age or are new to our shores, there's no better way to learn about the borough than by taking it all in on foot. And we're here to help you put your best foot forward.

To celebrate the revised visual and audio walking guides, available to download free at [www.newham.com/walks](http://www.newham.com/walks), Newham Council is inviting you to step forward, take a fresh look at the familiar, and enjoy a free guided tour around one of three areas in the borough.

The walks are a step in the right direction to getting fit and are a great way to find out more about the borough and meet new people. All walks are led by a Blue Badge Guide and last for one to two hours. People of all ages and abilities are welcome to attend but those aged under 16 must be accompanied by an adult.

The walks will go ahead whatever the weather; in the case of rain bring an umbrella. Although the walks are free you must book in advance. They take place on:

## **Sunday 22 August and Wednesday**

**1 September:** *Green Street – meet at Upton Park Tube Station, E13*

## **Wednesday 25 and Saturday 28**

**August:** *Royal Docks – meet outside ExCeL, main entrance, Western Gateway, E16*

## **Friday 27 August and Sunday 5**

**September:** *Stratford – meet in Meridian Square, E15.*

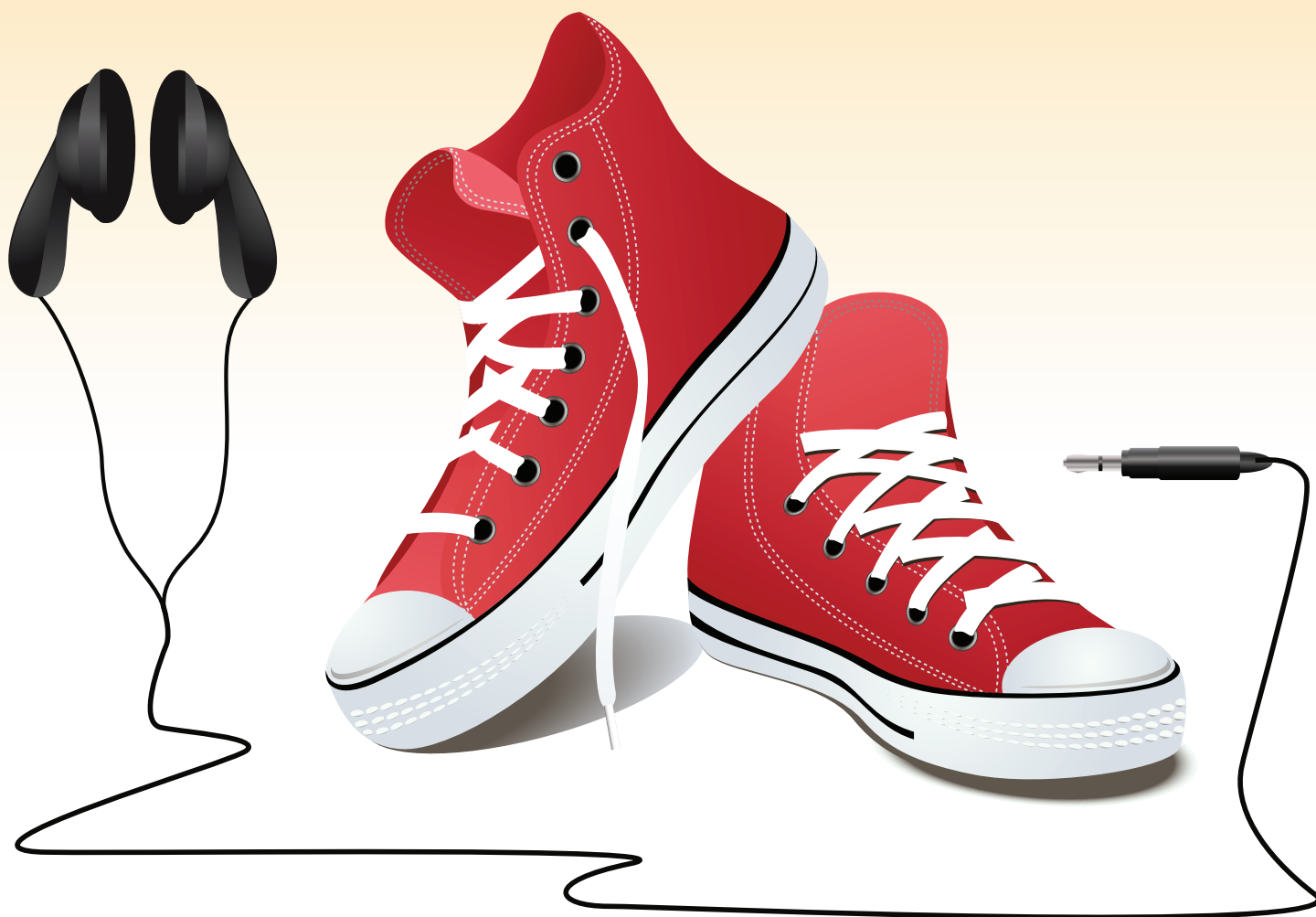
For times and to book your place call **020 3373 9985** or email [guidedwalks@newham.gov.uk](mailto:guidedwalks@newham.gov.uk) with details of which walk you would like to book and for how many people.

## **Want to go it alone?**

If you would like to enjoy a walk independently of a guide you can download a map and audio guide from [www.newham.com/walks](http://www.newham.com/walks)

## **Wise words for walkers**

- > If it's a hot day, make sure you have sun cream and a hat with you
- > Take a bottle of water
- > Wear comfortable shoes
- > Take care when crossing roads and keep children close by





# COULD YOU BE OUR NEW AUDIT BOARD MEMBER?

All councils need to make sure they're working in the best way possible, from having plans in place in case of emergency to making sure the books balance. Newham Council has a dedicated Audit Board which meets to review these things and is looking for two independent co-optees to join them.

You don't need to be a numbers whizz-kid to apply but you will need knowledge of certain areas.

The main role of the Audit Board is to challenge and direct the council's control framework to make sure everything's above board and risks are kept to a minimum. In line with this, some knowledge of these topics is desirable:

- > **governance including legislation requirements**
- > **risk management, particularly around the comprehensive performance assessment for councils**
- > **internal control assurance**
- > **accounting issues**
- > **regulation and compliance.**

The Audit Board meets up to eight times a year in the evenings for about two hours. If you are accepted, a full induction and training will be provided to get you fully up to scratch, and while it is an unpaid position, you will be able to claim travelling and subsistence allowance. You'll need to live or work in Newham, the

start date is approximately Autumn 2010 and you can serve for up to four years as an independent member.

## HOW TO APPLY

If you're interested in continuing your professional development and becoming an independent co-optee, send your CV with a supporting statement showing how you meet the requirements to: Joy George, Democratic Services, Newham Dockside, 1000 Dockside Road, London, E16 2QU.

If you've got any questions about the role, you can also call Joy on 020 3373 1256 or email [joy.george@newham.gov.uk](mailto:joy.george@newham.gov.uk)

**The deadline for applications is Friday 27 August 2010.**

# The Games are taking

The Olympic Park in Stratford is changing dramatically with the structures of the main sporting venues largely complete. Councillor Paul Brickell, executive member for the Olympics, said: "It's very exciting because you now get a sense of the buzz around Stratford."

**"We're using the Games to turn people on to the idea of better jobs, to inspire small businesses on to the idea that they can grow, to help people improve the quality of their lives"**

"We're using the Games to turn people on to the idea of better jobs, to inspire small businesses to believe they can grow and to help people improve the quality of their lives and the healthiness of their living. We're

showing our story to the world."

While much of the Games site is shaping up to play host to feats of sporting excellence, there is still work to do.

The structure of the **Olympic Stadium**, including the cable-net roof, is complete and the 14 lighting towers are in place. The first seats have been fitted and work on the field of play is getting under way. In 12 months time, construction will be complete.

The **Aquatics Centre's** 3,000-tonne structure and spectacular wave-shaped roof is ready and all three swimming pools have been dug out. It too will be ready by next July.

The **Velodrome** structure and the steelwork that gives the cable-net roof its distinctive double curves is complete with work starting on installing the timber track.

The structure of the **International Broadcast Centre and multi-storey**



How the Aquatics Centre will look

**car park** is finished, with roof and wall cladding complete. **The Main Press Centre's** structure is also near completion; by next July it will be ready for occupation by the Olympic Broadcasting Service.

Structural work on the **Olympic Village's** 2,800 homes is well advanced and internal works have started. Blocks on three of the 11 residential plots within the village are complete and work continues on the external

**ATHLETES VILLAGE**

**VELODROME**

**BASKETBALL ARENA**

# g shape

Last month we reached the magic milestone on the countdown clock - two years to go to the opening ceremony of the 2012 Olympic Games.

cladding. Construction is well under way on the other eight blocks and the Chobham Academy – the new world-class education campus being built within the Village.

Planning permission for the new community facilities and Polyclinic being built in the Village has been granted. These will serve athletes during the Games and then residents of the Village and the wider community after 2012.

Added Councillor Brickell: “The enduring legacy of the Games must be the regeneration of the entire area for the direct benefit of everyone who lives there and in the rest of Newham. We will continue to do our bit to achieve this.”

## Park goes into Orbit

The iconic £19m structure that could soon become Newham’s own version of the Eiffel Tower has been welcomed by

councillors.

Plans for the ArcelorMittal Orbit tower on the Olympic Park have been given the green light by the council’s Strategic Development Committee.

In much the same way as the Eiffel Tower was built as the grand entrance to the world fair held in Paris in 1889, so the Orbit tower will herald visitors to the 2012 Games.

Designed by internationally-renowned artist Anish Kapoor, it will stand at 400ft, just shy of the Eiffel Tower but taller than the Statue of Liberty.

Painted deep red, with a striking diagonal grid design of tubular steel, the structure is set for the southern part of the Olympic Park to the east of the Olympic Stadium and west of the Aquatics Centre.

It incorporates the five Olympic rings, as well as a spiral staircase. It will have two viewing platforms offering breathtaking views.

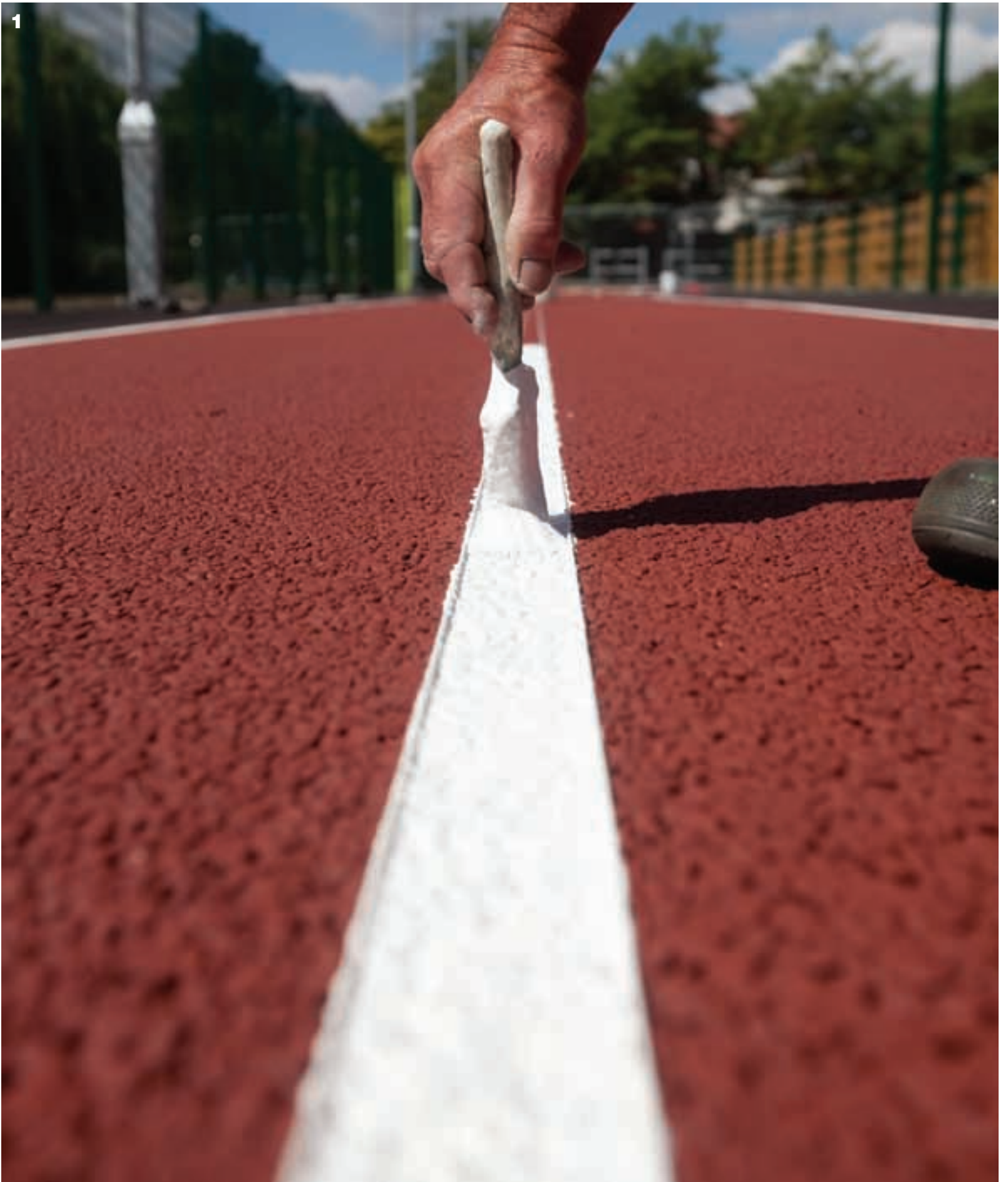


Cllr Paul Brickell said: “We are excited by the prominent role the Orbit will play in defining the Olympic Park. It could attract visitors to Newham long after the Games have gone.”

The application will now be decided by the Olympic Delivery Authority.



1



Newham in pictures



**1** Finishing line: applying the final touches to the new Multi-Use Games Area (MUGA) in North Woolwich. **2** Two years to go 'til the global show; the Olympic Stadium nears completion. **3** Bunting with a difference: handmade flags representing Custom House and Canning Town fly at Thrive 2010, Canning Town Recreation Ground. **4** Reflecting on the past year's achievements: students at St Luke's CEVA Primary School, Canning Town, take stock at their end of year assembly. **5** On me 'ead, son: Emmanuel the Magnificent balances his acrobatic amigo at the Forest Gate Festival, E7.

# Material world

**Walk down any Newham shopping street and you'd be hard pressed not to find a raft of independent retailers. In Green Street, where independents dwarf the number of high street chains, one proprietor is enjoying a revival. After trading for more than 100 years, Hardwicks is still going strong thanks to its reinvention by owner Graham Hardwick.**



Hardwick Textiles Limited started life a stone's throw away from its current premises opposite Upton Park Station. Graham suspects the business opened earlier than the documented 1910 and vividly remembers his father's shop on Queens Road. With its outdoor granite paving and reams of fabric, Hardwick Textiles was housed on what Graham says was: "the best street market in the

south of England". When Queens Road Street Market closed in 1966, to make way for what we now know as Queens Market, the Hardwicks crossed the road where the business still trades today.

The fabric store has always sold good quality material – particularly men's suiting – at competitive prices, but it's Graham's recent expansion which is keeping the till ringing.

Last June Graham made a make or break decision. He said: "I was selling a range of fabrics and haberdashery but people don't sew any more." He refitted the shop and branched out in African print fabrics. His range rivals his nearest competitors in the former Petticoat Lane; you name it, he's got it – or can probably get hold of it. Wax print, java print, woodene, golden wax, unigold, brocade,



## > WORKING LIVES

They pay a fraction of what they would here and get a holiday!

### Who is your typical customer?

There's the man who wants to tailor trousers, suits or shirts; we have girls looking for modern looking African prints to make party dresses, and the older lady who buys African fabrics as gifts.

### Why did you branch out in African prints?

There's a huge African community in Newham. I've always sold some African fabric but if you're going to sell it you need to have a big selection or people won't come back.

After the renovation we reopened with a large range of African fabrics. Business was slow to begin with, it takes time for people to know what you're selling.

### How do you keep your prices so competitive?

People in this area want to buy things very cheaply. My main job is to find bargains. I buy a lot of my fabric from a designer at the end of their season. They may pay £6 to £8 for shirting but at the end of the season if it hasn't been made I'm able to buy what's remaining at a bargain price. The Swiss and Austrian cotton shirting I sell is about a third of the price; here it's £3.85 per metre, in other places you'd pay £9 to £10.

### Have you any famous customers?

In my father's time all the West Ham football players used to come here for their suiting. I do have a few people that come in but I wouldn't like to mention them by name!

dew drop, embossing, Julius wax Holland – if you've never heard of these open the door to Hardwicks and be dazzled by the colour, quality and range. And it's not just African prints. Graham also sells English wool suiting made in South Yorkshire, Swiss and Austrian cotton shirting and Italian and Irish linens – perfect for the tailored gentleman.

### Why buy material when you can buy clothes off the peg?

Most of my male customers are of Asian or African origin and they don't always find what fits on the high street. They tend to buy fabric to take back to Africa or Asia to be made into a suit. I also have customers from the city who come and buy material for a few suits and then go off to Thailand and get them made.

**Cotton on** – Hardwicks is located at 369 Green Street, Upton Park, E13. Call 020 8472 1284. If you have a business in Newham and would like some support or advice from our business development team call 020 8430 2000 or email [regeneration@newham.gov.uk](mailto:regeneration@newham.gov.uk)

Got something to  
shout about? Email your  
ideas to [@newham.mag](mailto:newham.mag)  
[@newham.gov.uk](mailto:@newham.gov.uk)

# YOUR SPACE

where young people take control

## CUTTING EDGE

**Ronni Webster, 11, from Canning Town talks about becoming a hairdresser.**

"I heard about the hair cutting project through my club, Adventurers, at the Trinity Centre, E16. As part of the LIFT festival, recently held in Canning Town, we were asked if we wanted to train as hairdressers. I wasn't sure if it was my thing but then I thought it was a chance to do something different instead of just sitting at home and watching telly.

**"I also coloured the hair of the Canadian Ambassador's wife! I sprayed the tips of her hair to match her red and blue blouse. She was overjoyed!"**

"The training took place after school. I didn't think I'd be cutting hair, I thought it would just be simple, boring things, but it wasn't. We learnt loads. We used model head dummies like the ones I had when I was younger, but grown up ones that real hairdressers train on. The first cut I did was a trim. Cutting layers was tricky. I worked in a busy salon in Hackney for a weekend. I was on reception and then I started cutting real hair. One lady had hair down her back and I cut it into a long bob.

"I also coloured the hair of the Canadian Ambassador's wife! I sprayed the tips of her hair to match her red and blue blouse. She was overjoyed! Everyone in the salon clapped. The lead stylist said I had been chosen to do her hair as I was the star of the group. He said I should become a hairdresser. I'm just about to start secondary school and I'll be studying more subjects there and may find something I really enjoy. If not, I'll always consider becoming a hairdresser. I'm going to cut my nan's hair soon.

"We each got paid £16.30. The Canadian company that ran the project said adults get paid for the work they do so it was only right that we got something too. We also made £77 in tips; we donated this to the Bobby Moore Fund."



Ronni Webster  
puts her skills  
into practice

**If you're interested in taking a further education course, from hairdressing to airline customer services, retail management to creative media production, check out Newham College of Further Education at [www.newham.ac.uk](http://www.newham.ac.uk) or call 020 8257 4000.**

# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

## LOOK AFTER YOUR DIABETES THIS RAMADAN



**WILL YOU BE FASTING THIS RAMADAN?  
DO YOU HAVE DIABETES AND LIVE IN NEWHAM?  
IF SO – THEN THIS IS FOR YOU!**

Shrewsbury Road Diabetes Clinic will be hosting **special Ramadan Diabetic Educational Sessions** to assist those Muslims with diabetes in the Newham area that wish to fast. These sessions are to learn how to fast safely. ENTRY is FREE.

**The sessions will be held on THURSDAY EVENINGS starting at 5PM and will finish by 7PM**

**THE PLACE:** THE TEA BAR  
SHREWSBURY ROAD HEALTH CENTRE  
FOREST GATE  
LONDON E7

**THE DATES before Ramadan:** 29<sup>TH</sup> JULY and 5<sup>TH</sup> AUGUST  
**THE DATES during Ramadan:** 12<sup>TH</sup> AUGUST, 19<sup>TH</sup> AUGUST & 26<sup>TH</sup> AUGUST

For more information contact the diabetes helpdesk on 0208 586 5240 or email samiha.paulikova@nhs.net



**Admissions Open for September 2010 intake**

- LLM International Business & Commercial Law
- MBA Banking & Finance
- MBA Innovative Management
- MA Hospitality & Tourism Management
- MA Strategic Management
- MA HE Teaching
- MSc Network Technology
- MSc Innovative Technology
- MSc Nano Technology
- MSc Security Technology
- MSc Fashion Technology
- MSc Computer Animation
- BSc Technology & E-commerce
- BA Innovative Business

Full time: 3 days a week

Part time: 2 evenings a week

are you employed and want to Up-skill?  
NVQ Level 4 and 5 in Management & IT

258 - 262 Romford Road London E7  
For information, call: 020 8552 3071  
email: [admissions@bite.ac.uk](mailto:admissions@bite.ac.uk)  
or visit [www.bite.ac.uk](http://www.bite.ac.uk)

Authorized Test Centre for: **IELTS**

## Newham

### Local Housing Allowance (LHA) rates August 2010



Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 75.95
1 bedroom	£ 165.00
2 bedrooms	£ 205.00
3 bedrooms	£ 253.15
4 bedrooms	£ 295.00
5 bedrooms	£ 360.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

From 06 April 2009, the maximum LHA rate payable for new claims is for the five bedroom rate only.

#### How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for

each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

Newham University Hospital **NHS**  
NHS Trust

## Annual Public Meeting and Summer Fayre

**Wednesday 11 August 2010  
2.00 - 7.30pm**

**All members of the public are  
welcome to attend**

**Newham University Hospital NHS Trust**  
St Andrew's Wing, Glen Road, Plaistow, E13  
**Academic Centre, Ground Floor, Zone 1**

**Summer Fayre  
2.00 - 6.00pm**

**Public Meeting and Question Time  
6.00 - 7.30pm**

For more information about this event please  
contact Julie Gaiger on 020 7363 9354.

# Oh baby!

## Improved maternity services

**If you're giving birth in Newham you can expect to leave with more than a bundle of joy. The new facilities at the Maternity and Newborn Unit at Newham University Hospital NHS Trust have been revamped making the birthing experience for mothers-to-be that little bit easier.**

Kelly Arnold gave birth to her son Isaac on 21 July, the day the unit opened. With air conditioning and a bathroom in each bay, she likened the ward to a hotel saying: "The new facilities are amazing. They're so much nicer than the previous ward. It is much more modern and quite trendy and I really love the colours. It is also much brighter and there's lots of natural light, which lifts the mood."

The facilities have been designed to fulfil patients' needs. Feedback from past patients has seen the inclusion of a sitting area where new parents can relax

and make their own drinks, along with a breastfeeding room where mum and baby can bond in private.

Each patient has their own television, which is free to view, and control of their lighting. Non-touch taps, toilets and showers means infection is kept under control, with a sink at the entrance so all visitors can wash their hands before they come in.

The Maternity and Newborn Unit is the first phase of the Trust's eagerly-awaited £17.5m maternity and newborn redesign and expansion. Newham has one of the nation's highest birth rates. In 2012, once the ambitious redevelopment programme is complete, the unit will accommodate up to 6,500 births per year – 1,000 more than currently.

Kelly said: "I chose to come to Newham to give birth as I knew they were redeveloping the Maternity Department.



Kelly Arnold  
and baby  
Isaac

It'll be an interesting story to tell Isaac when he gets older – that he was the first boy born here.

"I would tell other women who are planning a family to come to Newham – you would be lucky to give birth here."



## London Borough of Newham

### Members' allowances – publication of allowances paid to members and co-opted members in the 2009/2010 financial year

As part of the legislation that sets out the arrangements for the payment of allowances, details of amounts paid to each Member of the Council and each Co-opted Member of a Committee must be published within the local authority's area. This notice sets out the relevant information for the 2009/2010 financial year.

During the 2009/2010 financial year, the Council operated the following allowance scheme:

**Basic Allowance per Councillor: £10,829 per annum**

**Mayor's Allowance: £78,844 per annum**

**Deputy Mayor's Allowance: £44,241 per annum**

Special Responsibility Allowances (in addition to the basic allowance) for posts with different levels of responsibility attached to them:

Band	SRA £
1A	3,621
1B	5,176
2A	7,761
2B	10,347
3A	14,488
3B	18,440
4A	22,765
4B	26,901
4C	31,042

Special Responsibility Allowances (in addition to any other allowance) for Members appointed to represent the Council on the following Bodies (this allowance to cease if that Body establishes a scheme of its own):

External Body	SRA £
London Councils Panel Member	1,035
East London Waste Authority	1,035
Association Public Service Excellence	1,035

Annual Allowances for non-elected Co-opted/Independent members serving on the following:

External Body	SRA £
Overview and Scrutiny Committee	497
Children and Young People Scrutiny Commission	497
Other Scrutiny Commissions	497
Standards Committee	800
Chair of Standards Committee	1,200

In addition, whilst not being part of the Newham Member Allowance Scheme, under the Local Government Act 1972, the holders of the office of Civic Ambassador and Deputy Civic Ambassador received allowances to offset the expenses of these offices. For the financial year 2009 up until the Annual Meeting of Council the Civic Ambassador was £929.64 and for the Deputy Civic Ambassador £433.67.

**Childcare/dependants allowance** – £7.27 per hour up to 10 pm and £9.70 per hour after 10 pm irrespective of the number of people cared for.

**Travelling Allowances** – The reimbursement

of actual travel costs incurred whilst undertaking duties outside Newham.

**Subsistence Allowances** – The reimbursement of actual subsistence costs incurred whilst undertaking duties outside Newham. This allowance is limited to a maximum daily rate of £28.99 for meals and a maximum overnight rate of £116.15 for accommodation.

The Council is required to publish details of the payments made to each Member of the Council and each Co-opted Member of a Committee in respect of the following allowances:

- **Basic Allowance**
- **Special Responsibility Allowance**
- **Travelling Allowance**
- **Subsistence Allowance**
- **Dependants' Carers' Allowance**
- **Co-optees' Allowance**

Details of the amounts paid to each Member in the 2009/2010 financial year are set out in two Schedules. The amounts shown are before the deduction of Tax and National Insurance. Schedule 1 details the payments made to each elected Member under the scheme. Schedule 2 details payments made to Co-opted Members.

**Chief Executive, June 2010**

#### **SCHEDULE 1 – Members of the Council serving from 1st April 2009 to 31st March 2010**

<b>Initials</b>	<b>Name</b>	<b>Basic Allowance £</b>	<b>Special Responsibility Allowance £</b>	<b>Travelling Allowance £</b>	<b>Subsistence Allowance £</b>	<b>Dependants' Carers' Allowance £</b>
H	Abdulmuhit	10,734	0	0	0	0
S	Ademolake	10,734	0	0	0	0
S	Ahmad MBE	10,734	0	0	0	0
A	Ali	10,734	0	0	0	0
Z	Ali	10,734	1,129	0	0	0
A	Baikie	10,734	31,042	0	0	0
F	Bourne	10,734	10,347	36	8	0
C	Bowden	10,734	44,241	0	0	0
S	Brayshaw	10,905*	1,713	0	0	0
P	Brickell	10,734	14,488	0	0	0
J	Butler	10,734	5,176	0	0	0
A	Chaudhary	10,734	0	0	0	0
A	Chowdhury	10,734	5,176	0	0	0
M	Collier	10,734	10,347	0	0	0
I	Corbett	10,734	31,042	0	0	0
J	Corbett	10,734	14,488	0	0	0
A	Craig	10,734	3,621	0	0	0
R	Crawford	10,734	31,042	0	0	0
U	Desai	10,734	31,042	0	0	0
C	Furness	10,734	14,488	0	0	0
O	Gangadharan	10,734	0	0	0	0
J	Garfield	10,734	0	0	0	0
D	Griffin	10,734	10,347	0	0	0
M	Harris Mitchell	10,734	0	0	0	0
P	Holland	10,734	3,621	0	0	0
L	Hudson	10,734	14,488	0	0	0
K	Jenkins OBE	10,734	10,347	0	0	0
M	Jones	10,734	0	0	0	0
A	Karim	10,734	0	0	0	0
K	Kazi OBE	10,734	0	0	0	0
A	Kellaway	10,734	22,765	0	86	0
J	Knott	10,734	1,672	0	0	0
J	Laguda	10,734	22,765	0	0	0
G	Lane	10,794	0	0	0	0
J	Leitch	10,734	18,624	0	0	0
S	Mahmood	10,734	3,621	0	0	0
R	Manley	10,734	14,488	266	211	0
S	Marway	10,734	0	0	0	0

## SCHEDULE 1 – Members of the Council serving from 1st April 2009 to 31st March 2010 (cont.)

Initials	Name	Basic Allowance £	Special Responsibility Allowance £	Travelling Allowance £	Subsistence Allowance £	Dependants' Carers' Allowance £
A	McAlmont	10,734	14,488	67	0	0
C	McAuley	10,734	31,042	0	0	0
R	Mirza	10,734	14,488	0	0	0
P	Murphy	10,734	14,488	0	0	0
M	Nicholas	10,734	0	0	0	0
Q	Peppiatt	10,734	18,624	0	0	0
R	Rahman	10,734	5,176	0	0	0
P	Sathianesan	10,734	0	0	0	0
P	Schafer	10,734	10,347	11	0	0
K	Scoresby	10,734	7,762	0	0	0
L	Shah	10,734	3,621	0	0	486
A	Shakoor	10,734	0	0	0	0
P	Sheekey	10,734	5,176	0	0	0
A	Sheikh BEM	10,734	360	0	0	0
P	Shillingford	10,734	10,347	21	0	0
A	Singh	10734	14,488	0	0	0
M	Skyers	10734	5,176	0	0	0
E	Sparrowhawk	10734	18,624	0	0	0
D	Stafford	10734	0	0	0	0
W	Vaughan	10734	10,347	0	0	0
R	Wales	0	78,844	0	0	0
R	Williams	10734	0	0	0	0
N	Wilson	10734	17,334	94	0	0

\*Includes back payment of 2008/09 basic allowance in the sum of £171.40

## NOTES

1. All Members who are provided with a computer at home to support their work as a Councillor and use the computer for personal use are required to make a payment of £60 per year. This contribution is taken from the basic allowance (Column 3) before payment of the basic allowance is made.
2. All Members are required to pay fees (£35 per annum) to the Data Controller in respect of Data Protection Registration. This contribution is taken from the basic allowance (Column 3) before payment of the basic allowance is paid.
3. The SRA (Column 4) paid to Councillor Manley includes an additional payment permitted under the allowance scheme as the Council's representative on the Association Public Service Excellence.
4. The SRA (Column 4) paid to Councillor Murphy includes additional payments permitted under the allowance scheme as a Council representative on the East London Waste Authority and the Council's representative on London Council's Transport and Environment Committee.
5. The SRA (Column 4) paid to Councillor Ian Corbett includes an additional payment permitted under the allowance scheme as the Council's representative on the East London Waste Authority.
6. The SRA (Column 4) paid to Councillor Laguda includes an additional payment permitted under the allowance scheme as the Council's representative on London Council's Grants Committee.
7. Travel claims (Column 5) relate to trips outside Newham.
8. Subsistence claims (Column 6) are limited to a maximum daily rate of £28.99 for meals and a maximum overnight rate of £116.15 for accommodation and are only reimbursed on production of receipts.

## SCHEDULE 2 – Co-opted Members serving from 1st April 2009 to 31st March 2010 or part thereof

Initials	Name	Co-optees' Allowance £
R	Glazzard	834
L	Goddard	834
A	Hussain	1,200
T	Robinson	800
J	Van Bussel	800
S	Wilson	984
N	Yeahya	328

## Rosetta exhibition open for viewing

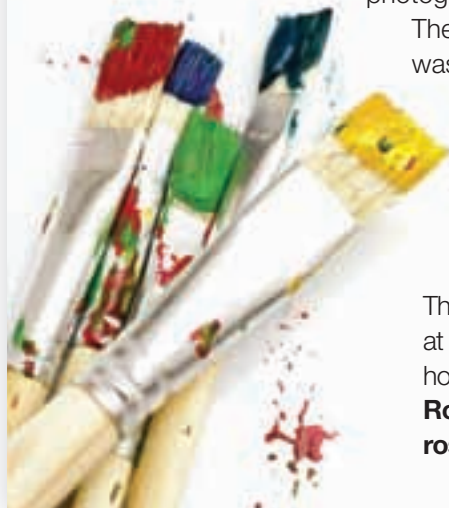
Rosetta Art Centre invites you to view some of their latest works at an exhibition of art and photography at the Old Town Hall, Stratford.

Celebrity Culture features art works produced by the group of resident artists at Rosetta while Residue of Existence displays images created by the centre's photography students.

The recent exhibition launch was attended by more

than 100 people and opened by Community Lead Councillor for Stratford and West Ham, Richard Crawford.

The exhibition is free and open to the public until 9 September at the Old Town Hall, 29 Broadway, E15, during opening hours. **For more information about the exhibition or Rosetta Art Centre call 020 7511 1117, email [info@rosettaarts.org](mailto:info@rosettaarts.org) or visit [www.Rosettaarts.org](http://www.Rosettaarts.org)**



## Students shine at awards ceremony

The achievements of outstanding students from Newham College were recently applauded at the annual Bright Stars Awards Ceremony, held at the Troxy in Limehouse.

More than 70 students received awards for academic and vocational successes, as well as for their personal achievements. The Student of The Year Award, sponsored by the Newham Recorder, was won by A Level student Nur Hussein, who also picked up the Excellent Role Model Award. She said: "I'm extremely happy and proud to collect this award. It is all down to the support of the teachers who helped me through my personal difficulties in order for me to finish my A Levels." Nur hopes to go to university to study for a degree in Oral Health Science.

Other winners included Rezarta Rushiti, who won the Contribution to College Life Award and Student Union President, Wilson Igbeneka, who won the Martin Tolhurst Outstanding Leadership Award.

**A full list of college award winners can be found on the college website at [www.newham.ac.uk](http://www.newham.ac.uk)**



## XL jumble sale

If your body's too bootilicious for the regular size bargains you'd normally find at a jumble sale, head down to the Big Bum Jumble sale for second-hand and vintage clothing in sizes XL plus.

The sale takes place on **Saturday 14 August at Stratford Circus, Theatre Square, E15, from 12noon-5pm** and is open to all bargain hunters, male and female, who don't mind rummaging for a prize find. On the day you can also enjoy fashion shows and they'll be a DJ.

Entry to the event, which is organised by residents from Stratford, is £2. If you don't want to buy clothes you can also donate your hand-me-downs by bringing them to the event; please ensure they are clean and in good enough condition to sell on.

**For more details visit [www.bigbumjumble.blogspot.com](http://www.bigbumjumble.blogspot.com)**

## SUMMER FUN FOR DISABLED KIDS

Disabled children and their families are invited to a jam-packed summer of activities courtesy of community group The 3H's.

Every Monday and Tuesday now until 23 August from 10am-2pm, 99-101 Dongola Road, E13, is open for adventure – with a playground, disabled swing, trampoline, sensory room and arts & crafts.

You can also dive into special free swimming sessions for children with disabilities and their families on Tuesdays, 6.30-8pm, and on Sundays, 12.30-2pm, at Balaam Leisure Centre, Balaam Street, E13.

And on Fridays enjoy free soft play at East London Gym, 1 Triumph Road, E6, from 10am-12noon. There's also two outdoor play events at West Ham Park on Wednesday 11 and 18 August, where from 11am-2pm children and their families can enjoy a picnic and hopefully some good weather!

**If you'd like more information about any of the above events call Zeenat Khan on 075 2856 2902 or email [zeenatkhan@hotmail.co.uk](mailto:zeenatkhan@hotmail.co.uk)**

## Marvellous medicine making

Children and grown ups are invited to West Ham Park on Bank Holiday Monday, 30 August, for a free herbal medicine workshop.

Join Living Medicine – a group of professional medical herbalists – at the band stand at 2pm for a trip to the park with a difference. You'll go on a medicinal herb trail and explore the use of herbs through storytelling, legend and lore and then help make and share simple healthy food recipes. There'll also be remedies for you to take away to use at home.

The workshop is open to children between the ages of three and eight and they must be accompanied by an adult.

To book your place call Gail Farrow on 07815 168 410 or email [gail.livingmed@gmail.com](mailto:gail.livingmed@gmail.com)

## Free badminton coaching

With rackets and shuttlecocks at the ready, now's the time to learn the art of badminton with weekly free training sessions for young people and families.

Held at Newham Leisure Centre, Prince Regent Lane, E13, coaches and equipment will be provided so all you need to do is wear comfortable clothing and bring a bottle of water. Sessions take place on:

- > **Fridays, 5-6pm for 11 to 19-year-olds**
- > **Saturdays, 12noon-1pm for families with little 'uns aged four and over**

**For more information contact Sandy Kurek on 07818 594 665 or email [sandykurek@badmintonengland.co.uk](mailto:sandykurek@badmintonengland.co.uk)**



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU**

## GALLERY



*Sadiyyah Shaikh, 9*



*Auritro Saha, 6*



*Abdul Subhan, 9*



*Aliva, 6*

## Win £50 in Smyths toy shop vouchers

Get your pictures in now to be in with a chance of winning £50 of Smyths vouchers to spend in store at Gallions Reach, Beckton. From a trampoline to a scooter, bouncy castle to a slide, there's something for kids of all ages. The winner this issue is Romal Porbudas and the £50 voucher is on its way to her in the post. Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. **Don't forget to write your name, age, address and contact daytime telephone number on the back of your entry - good luck!**

**Remember - unless you include your daytime phone number with your entry you won't be able to win the prize!**

# SMYTHS

A free 300 page  
Toy Catalogue is  
available at  
[smythstoys.com](http://smythstoys.com)

**Winner**



Romal Porbudas, 10



Kabir Singh, 10

## Haikus

Newham is my home  
People are friendly  
and kind  
I love living here!

**Sophiya  
Montaquum, 10**

Such a happy place  
Newham in the  
summer sun  
Everyone as one

**Elle Geoghegan**



Deepa Goswami, 13



Inderpal Lolay, 14

Thanks to everyone who came to the Town Show and helped us celebrate our 200th issue by designing their own covers. Our favourite four are printed here for your viewing pleasure.

# WHAT'S ON?

**FIVE PAGES  
OF ACTIVITIES  
MOSTLY FREE,  
ALL FUN!**

To view hundreds of events, or to add your own,  
log on to [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**6 – 20 AUGUST**

## TRY SOMETHING NEW... COME AND DANCE YOUR SOCKS OFF!

Want a way to have fun for just a pound? Then slip on your dancing shoes and waltz your way through a range of dancing sessions every week open to all adults.

### Ballroom dancing (until 15 September)

Beckton Globe, 14 East Ham Manor Way, E6  
Wednesdays, 11.30am-12.30pm. Call 020 7511 1214

### Latin American ballroom dancing (until 9 September)

Field Community Centre, 147 Station Road, E7  
Thursdays, 2-3pm. Call 020 8536 2800

### Line dancing (until 9 September)

Newham African Caribbean Resource Centre  
627-633 Barking Road, E13  
Thursdays, 11am-12noon. Call 020 8471 2258

### Bollywood dancing (until 9 September)

Katherine Road Community Centre  
254 Katherine Road, E7  
Thursdays, 12.30-1.30pm. Call 020 8548 9825

### Salsa dancing (until 9 September)

Old Town Hall, 29 Broadway, E15  
Thursdays, 1.30-2.30pm. Call 020 8534 7835



## ALL LIBRARY LISTINGS

See Library Contacts for  
venue details.

### UNDER-5s GROUPS

All open to under-5s with their  
parents/carers.

#### Storytelling

##### Beckton Globe

Friday 10-11am

##### Canning Town

Monday 10.30-11.30am

##### Custom House

Tuesday 10.15-11.15am

##### East Ham

Wednesday 2-3pm

##### The Gate

Friday 11am-12noon

##### Green Street

Thursday 10.30-11.30am

##### Manor Park

Thursday 10.30-11.30am

##### North Woolwich

Thursday 2-3pm

##### Plaistow

Tuesday 11am-12noon

##### Stratford

Tuesday 11am-12noon and Friday 2-3pm

##### Crafts Club

##### Manor Park

Tuesday 10.30-11.30am

##### Toy Library

Beckton Globe Monday 10am-12noon and Thursday 1-3pm

##### East Ham

Tuesday 10am-12noon and Thursday 10am-12noon

##### Imaginative Play

##### East Ham

Friday 10.30-11.30am

### ADULT READING

#### Adult Reading Group

Stratford Monday 9 August  
6.30-7.30pm

East Ham Monday 16 August  
6.30-7.30pm

#### Women-Only Urdu Reading Group

The Gate Tuesday 10  
August 5.30-7.30pm

#### Read Around the World Book Group

The Gate Tuesday 17 August  
6.30-8pm

### OTHER GROUPS

#### Over 50s Club

##### Beckton Globe

Tuesday 9.45-11.45am

#### Click-On – computer sessions for over 50s

##### East Ham

Friday 10am-12noon and 2-4pm

##### Plaistow

Friday 10am-12noon and 2-4pm

#### ICT Surgeries

##### East Ham

Friday 4-5pm

##### The Gate

Thursday 10am-12noon

##### Manor Park

Thursday 2-4pm

#### Writers' Group

##### The Gate

Tuesday 27 July  
5.45-7.45pm

#### Knit & Natter – craft group for men and women of all ages and abilities

##### Beckton Globe

Wednesday 10am-12noon

##### Canning Town

Friday 10am-12noon

#### Movie Night – Wall E (Cert. U)

free showing of the Disney film.

##### Stratford

Thursday 19 August  
6-8pm (prompt start)

### YOUNG PEOPLE

#### Reading Help Sessions –

For young people aged four to  
12. School summer break only.

##### Beckton Globe

Tuesday 4-5pm

### **Canning Town**

Thursday 4-5pm

### **Custom House**

Saturday 10-11am

**East Ham** Monday 4-5pm

**The Gate** Thursday 4-5pm

**Green Street** Tuesday 4-5pm

### **Manor Park**

Saturday 10-11am

### **North Woolwich**

Thursday 3.30-4.30pm

**Plaistow** Thursday 4-5pm

**Stratford** Monday 4-5pm

### **Space Hop Craft Sessions**

– For young people aged four to 12. School summer break only.

### **Beckton Globe**

Wednesday 4-5pm

### **Canning Town**

Tuesday 4-5pm

### **Custom House**

Monday 4-5pm

**East Ham** Wednesday 4-5pm

**The Gate** Saturday 4-5pm

**Green Street** Friday 4-5pm

**Manor Park** Monday 4-5pm

### **North Woolwich**

Friday 3.30-4.30pm

**Plaistow** Saturday 4-5pm

**Stratford** Wednesday 4-5pm

### **Games Clubs – Sony**

PS2 (PS3 at East Ham) and

Nintendo Wii games, board games and many more free activities for ages eight to 13.

### **Canning Town**

Monday 3.30-5.30pm

### **Custom House**

Friday 10am to 5pm

### **East Ham**

Tuesday 3.30-5.30pm

**Manor Park** Wednesday

10am to 5pm

**Stratford Playerz** – Free activities for 7 to 14 year olds. Play PS3, Xbox 360 and Wii consoles.

**Stratford** Thursday 12 August 4 to 6pm

### **Teenage Games Club –**

PS2 and Xbox games, music, board games and many more activities for ages 12-16.

**Beckton Globe** Wednesday 3-5pm

**Teen Xtra Evenings** – Free activities for ages 12-21.

**The Gate** Thursday 6-8pm

## **OTHER**

**Other news** – All libraries running the Summer Reading Challenge this year called



Basketball

Space Hop, to register ask at your local library.

## **LIBRARY CONTACTS**

**Beckton Globe** 1 Kingsford

Way, E6 5JQ. 020 8430 4063

**Canning Town** Barking Road, E16 4HQ. 020 7476 2696

**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565

**East Ham** High Street South, E6 6EL. 020 8430 3647

**The Gate** 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 8430 3838

**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101

**Manor Park** Romford Road, E12 5JY. 020 8430 2207

**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900

**Plaistow** North Street, E13 9HL. 020 8472 0420

**Stratford** 3 The Grove, E15 1EL. 020 8430 6890

**Archives and Local Studies** 020 8430 6881

### **Community**

### **Outreach Services**

For more information call 020 8586 6541

## **SPORTS PROGRAMME**

### **Basketball**

**Newham NSP (free)**

– Basketball coaching, 8-19 Mon, 7.30-9pm

**Little Ilford Youth Centre, E12**

– Basketball Competition, 8-19 Tues, 6-7.30pm

**Lister School (Sports Hall), E13** – 3 vs 3 league, 8-19

Thurs, 5-7pm

**Forest Gate Youth Centre, E7**

### **Youngbloods Basketball**

– Under-12s, mixed

Saturdays, **East Ham Leisure Centre**

1pm-3pm

– Under-13/14s, boys

Mondays, 6-8pm, **St Angela's School**

Tuesdays, 5.30-7.30pm

**Newham Leisure Centre**

– Under-14s, girls

Mondays, 4.30-6pm, **St Angela's School**

Tuesdays, 5.30-7.30pm,

**Newham Leisure Centre**

– Under-15/16, boys

Tuesdays, 6-8pm, **East Ham Leisure Centre**

Fridays, 6-8pm, **St Angela's School**

– Under-17/18 boys

Tuesdays, 8-9.45pm, **East Ham Leisure Centre**

Thursdays, 7-9pm, **St**

**Bonaventure's School**

Fridays, 6-8pm, **St Angela's School**

Each session costs £1. Contact Caroline on 07958 307 657 for more details

### **Football**

**Newham NSP (free)**



Space Hop



**Five-a-side**  
 - U14 & U18  
 Mon, 6.30-8.30pm  
 Newham Leisure Centre, E13  
 - 11-18  
 Wed, 5-8pm  
 Priory Park MUGA, E6  
 - 8-19  
 Wed, 5-6.30pm  
 Keir Hardie Park, E16  
 - Five-a-side, 8-19  
 Fri, 6-7.30pm  
 Scud Park, Tant Avenue,  
 Canning Town, E16.  
 - Mayor's Football League, U14,  
 U18,  
 Thurs, 4-6pm  
 Memorial Park  
 - Coaching and competition,  
 8-19,  
 Sun, 1-2pm  
 Winsor Park, E6  
 - Monthly tournament  
 U12, U14, U18, 10am-1pm  
 First Sat of the month  
 Plashet Park, E6

### **WHU Kickz (free)**

**Mon**  
 - U14, 4-5.30pm  
 - 15+, 5.30-7.0pm  
 West Ham Community Astro  
 Turf (Beckton)  
 - 11-18, 5-8pm  
 Forest Gate Youth Centre, E7

### **Tues**

- U14, 4-5.30pm  
 - 15+, 5.30-7pm  
 West Ham Community Astro  
 Turf (Beckton)  
 - 11-18, 6-9pm  
 Priory Park MUGA, E6

### **Wed**

- 11-18, 5-8pm  
 Priory Park MUGA, E6

### **Thurs**

- 11-18, 4-7pm

**Priory Park MUGA, E6**  
**Fri**  
 - U14, 4-5.30pm  
 - Girls 11+, 5.30-7pm  
 West Ham Community Astro  
 Turf (Beckton)  
 - 11-18, 5-8pm  
 Forest Gate Youth Centre, E7

### **Air Football 16+**

**Tues**  
 1-3pm, Stratford Park, E15  
**Fri**  
 3-5pm, Beckton Powerleague  
 For more info visit  
[www.airfootball.co.uk](http://www.airfootball.co.uk)

### **Ascension Football Academy**

For info call Louise on  
 07841 749 292.  
 School years R-3:  
 9.30-10.30am  
 School years 4-7:  
 10.45-11.45am  
 School years 8-11:  
 12noon-1.30pm  
 All sessions £2.50  
 King George V Park, E16

### **Football and basketball Newham All Star Sports Academy (NASSA)**

- 12-16 mixed, Mon  
 6-7.30pm,  
 - 18+, 7.30-9pm, Newham  
 Leisure Centre, E13  
 -11-16 girls, Tues,  
 4.30-6pm, Sarah Bonnell  
 School, E15  
 - Fri, 4.15-5.30pm 8-11 mixed  
 3.30-7.30pm, 12-16 mixed  
 Cumberland School, E13  
 For more information about  
 Newham All Star Sports  
 Academy (NASSA)  
 call Chris on 07932756197

or Natasha on 07985281581  
 or visit [www.nassa2012.org.uk](http://www.nassa2012.org.uk)

### **Handball (free)**

- Newham Flames, Tues  
 U15, 3.30-5pm  
 U18, 5.30-6.30pm  
 Newham Leisure Centre, E13  
 (Multi-Sports Hub)  
 Call Ari Bekker on  
 020 8430 2484

### **Multi sports (free)**

Newham NSP  
 - Handball, football,  
 competition  
 5-7pm, 8-19  
 Wed, Stratford Park, E12  
 - Coaching and competition  
 4-5.30pm, 8-19  
 Fri, St John's Community  
 Centre, Albert Rd, E16

### **Athletics at Newham Leisure Centre**

- Get Set Go Group, 11-16  
 Mon, 4-5.30pm, £1  
 - Met Track 10-17  
 Fri, 4.30-6pm  
 - Newham and Essex Beagles  
 Athletics Club, 10+  
 Mon and Wed, 6.30-9pm;  
 Sun, 10am-1pm  
 Email [jacqueline.ramsden1@btinternet.com](mailto:jacqueline.ramsden1@btinternet.com)

### **Cricket**

- Tapeball cricket league (free)  
 11-15, 16+, 6-9pm  
 Kingsford Astro Turf  
 - Rokeby community cricket  
 (free)  
 Wednesday 4-5pm  
 8-16

Rokeby School sports hall,  
 Pitchford Street, E15  
 Call Ben for info:  
 07971 286 254 or  
 email [chambersharry@hotmail.com](mailto:chambersharry@hotmail.com)  
 - Newham Cricket Club  
 Monday 5-7pm  
 8-16, £2 per session  
 Flanders field,  
 Napier Road, E6  
 Visit [www.newham.gov.uk](http://www.newham.gov.uk)  
 for information.

### **Boxing**

East Ham Boleyn ABC  
 10- years +; boys only  
 - Mon, Tues, Wed, 5-6pm  
 East Ham WMC, 2 Boleyn  
 Road, E6  
 Call Daniel Penny on  
 07958 124 144  
 - West Ham Boys ABC  
 9-years +; boys and girls  
 Mon, Wed, Fri, 5-6pm  
 The Black Lion, 59-61 High  
 Street, E13  
 Call Lianne Jameson on  
 020 8472 3614  
 - Peacock ABC 8-years +  
 Mon, Wed, 6-8pm  
 boys and girls  
 Caxton Street North, E16  
 Call Martin Bowers on 020  
 7511 3799  
 - Newham Boys ABC  
 6-years +; boys only  
 Mon, Wed, Fri, 6-7.45pm  
 Old Bath House  
 141 Church Street, E15  
 Call Ravinder Atwal/Joe  
 Chapman 020 8519 5983  
 - Fight For Peace 11 years  
 +; boys and girls



(Phone for session details)  
Woodman Street,  
North Woolwich, E16  
Call Marigold Ride  
on 020 7474 0054  
**Contact clubs before  
visiting**

### Free non-contact boxing

Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.

Osmani Boxing Club is open to males aged eight to 25 Fridays, 4-6pm

Froud Centre, 1 Toronto Avenue, E12

For more information call 020 7247 8080 or email [healthyfutures@osmanitrust.org](mailto:healthyfutures@osmanitrust.org)

### Free sports@Ascot Hall

Football, girls and boys, eight-15yrs, Sat, 10am-12pm

Street dance for girls, all ages, Sat, 12-1pm

Non-contact boxing, eight-12yrs, Sat, 2-3pm

All sessions are free, for info call 020 8430 4775

Ascot Hall, Hermit Road, E16

### Newham Swords

Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or visit

[www.newhamswords.co.uk](http://www.newhamswords.co.uk)

### Newham Striders

Free, sociable walking group that go striding in the local area seven days a week. Visit [www.newham.gov.uk](http://www.newham.gov.uk) email [paula.peatty@newham.gov.uk](mailto:paula.peatty@newham.gov.uk) or call 020 8430 2000 for more information.

### Shoujin karate club

#### Friday session

- Ages 4-6, 6-6.45 pm

- Ages 6-16, 6-7 pm

- All adults, 7pm onwards

#### Sunday Session

Ages 4-6, 10-10.45 am

- Ages 6-16 beginners, 10-11 am

- Adult and Junior, 10-11.30 am

Sessions are priced from £3.50 and take place at Newham

Leisure Centre, Prince Regent Lane, E13.

For more information contact 07508070638.

### Ramgarhia

#### Badminton Club

##### Adults (Advanced)

Tuesdays, 7-9.30pm

Little Ilford School

Church Road

Manor Park

##### Juniors

Fridays, 6-7.30pm

Adults (Beginners/Intermediate)

Fridays 7.30-9.30pm

Langdon School

Sussex Road

East Ham

For more information and prices contact Kilvir Bahra on 07803 834 037 or email

[kbahra@cfs.coop](mailto:kbahra@cfs.coop)

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Multi-Sports

New free Flying Wheels club for young wheelchair users aged 6-22. With an emphasis on wheelchair rugby and training from professional players, come experience different sports activities and health and fitness. Wednesday evenings, 7-9pm The Hartley Centre, 267 Barking Road, East Ham, E6 Call Eda on 020 8472 0058 for more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community



School, E16, 4-5.30pm

### Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30noon

### Swimming for children with special needs

Tues, Newham Leisure Centre, E13, from 2.30-4pm

Call NLC on 020 7511 4477

Newham Otters Swimming

Club, Sat, Newham Leisure

Centre E13, 4.45-5.45pm

For more information call

020 8552 3195

The 3 Hs, Sun, Balaam Leisure

Centre, E13, 12.30-2pm

For details call Zeenat

07528 562 902

### Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

### Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

### B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

## ARTS LISTINGS

### Discover

#### Dinosaur Week

### Monday 16 –Sunday 22 August

11.30am & 2.30pm

Story: Listen to a reading of

That's not my Dinosaur

Make: A dinosaur mask

Throughout the day:

Listen and dance: Dinosaur songs and noises in Polka Dot Sounds

Dinosaur Safari: Spot the dinosaur tracks and find the clues

### Animal Boogie Week

Monday 9 August – Sunday 15 August

Monday 23 – Sunday 29 August

11.30am & 2.30pm

Story: Animal Boogie

Make: Origami pandas, koalas, dogs and cats

Throughout the day:

Dance: Boogie on down in

Polka Dot Sounds to great animal inspired tunes

Animal Safari: Follow the animal tracks that lead to clues

Newham resident: £4

Under 2s FREE

For more information visit

[www.discover.org.uk](http://www.discover.org.uk) or call 020 8536 5555.

### Stratford Picturehouse South of the Border

Tuesday 17 August, 8.20pm

In 2009, Oliver Stone travelled to Venezuela to interview President Hugo Chavez and examine the way Chavez has been portrayed in the U.S. media. Was Chavez really the 'anti-American' force that the media claimed him to be? But Stone and his crew found

themselves going beyond Venezuela to several other countries, and interviewing seven presidents in the region, telling a larger and even more compelling story.

Box office 0871 902 5740,  
website [www.picturehouses.co.uk](http://www.picturehouses.co.uk)

### **Free face painting with Newham Art School A-Z**

Face painting for groups and parties; space themes, cartoon characters and superheroes! At the following libraries:

*Saturday 14 August*  
Custom House,  
10.30am-1.30pm  
Canning Town, 3.30-4.30pm  
*Saturday 4 September*  
Stratford, 10.30-11.30am  
East Ham, 3.30-4.30pm

First come first served, see Library Contacts on p35 for addresses.

### **OTHER LISTINGS**

### **Royal Docks Learning & Activities Centre (formerly St John's Community Centre)**

Creative craft  
Produce beautiful items using knitting, crochet, embroidery and more; suitable for all abilities. Saturdays 12.30-2.30pm. Cost: £1

### **International dressmaking** 12.30-2.30pm

Learn to produce garments from your own designs, improve and learn new dressmaking skills; you need previous sewing experience. Cost: £1

Both at the centre on Albert Road, North Woolwich, E16.  
For more information call Jackie on 020 7476 9922

### **Free gardening for the over-50s**

Tuesdays, 10am-12.30pm  
Aged over-50? Got green fingers? Want to have a go at gardening? Then head down to Abbey Gardens, Bakers Row, E15 for free food growing workshops. Call 020 3373 0625 for more information.

### **Running groups**

Mondays, 4pm-5.30pm  
Tuesdays, 6-7pm  
Wednesdays, 5.30-6.30pm  
Sundays, 10am-12noon  
Cost: £2. All at Newham Leisure Centre, Prince Regents Lane, E13

For more details call Rhian on 07971 286 250 or email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)

### **Wanstead Flats running group**

Saturdays, 10-11.30am  
Cost: £2. Meet at Harrow Road Changing Pavilion

### **Royal Victoria Docks Running group**

Fridays, 12noon-1pm  
Cost: £2. Meet on ExCeL Bridge outside The Fox Pub.

Call Rhian on 07971 286 250 or email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk) for more information.

### **FREE COMMUNITY EVENTS**

### **Green Street Forum Summer Festival**

Saturday 7 August  
12noon-5pm  
Priory Park, Parr Road, E6

### **Plaistow Summer Festival**

Saturday 21 August  
12noon-4pm  
Plaistow Park  
Greengate Street, E13

For more information about the events above read your In Focus supplement. If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town, In Focus for your area should be enclosed within this issue. If you do not receive In Focus, please call 020 3373 2684.

## **USEFUL NUMBERS**

### **020 8430 2000**

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.gov.uk/2012Games](http://www.newham.gov.uk/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

## **FREE ADVICE AND INFO SESSIONS FOR PEOPLE WITH LEARNING DISABILITIES**

If you've got a learning disability or care for someone who has, these free information sessions are designed for you. Covering topics including health, housing, leisure, employment, safety and benefits; you can just drop in and speak to the experts about any queries you might have.

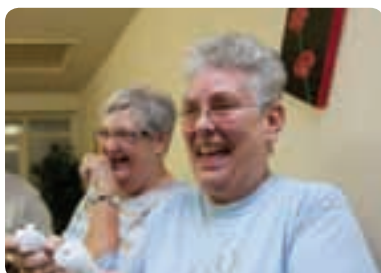
The sessions take place on:

**Monday 9 August**  
**10.30am-2.30pm**  
Community Health Shop  
30 Church Road  
Manor Park

**Tuesday 17 August & Tuesday 21 September**  
**10.30am-2.30pm**  
Vicarage Lane Health Centre,  
Vicarage Lane, Stratford.

If you'd like more information, call Zakir Adam on 07951 675 159 or email [zakir.adam@newham.gov.uk](mailto:zakir.adam@newham.gov.uk)





# Newham Summer Active Centres

Aged 50 or over? Come along for free activities and entertainment.

**Go along to a Summer Active Centre near you and enjoy FREE entertainment:**

- Trim Trails **NEW**
- Disco dancing **NEW**
- Themed coffee mornings **NEW**
- Down Our Street **NEW**
- Dinner evenings **NEW**
- Singing **NEW**
- New Age Kurling
- Free swims (60+)
- Free swimming lessons (50+)
- Wii league
- BIG bingo!
- Health checks
- Planting and growing
- Afternoon tea and bowls
- Refreshments
- And lots more!

Available to Newham residents only.  
For further information please call **020 3373 0625** or visit **www.newham.gov.uk**

## Ascension Centre

Baxter Road  
Custom House E16 2PB  
020 7511 1232  
Tuesdays and Thursdays  
10.30am - 1.30pm

## Beckton Community Centre

14 East Ham Manor Way  
Beckton E6 5NG  
020 7511 1214  
Mondays 10am - 4.30pm  
Tuesdays 10.30am - 3pm  
Wednesdays and Thursdays  
10am - 3.30pm  
Fridays 10 - 11am

## Bryant Street Methodist Church

Bryant Street  
Stratford E15 4RU  
020 8534 0085  
Tuesdays 10am - 3pm

## Chandos Community Centre

Colegrave Road  
Stratford E15 1DZ  
020 8534 0140  
Mondays 11am - 2pm

## Chatsworth Community Resource Centre

4 Chatsworth Road  
Stratford E15 1RE  
020 8555 4477  
Wednesdays 12noon - 3pm  
Drop-in café available weekdays  
10am - 3pm

## Community Road Centre

Community Road  
Stratford E15 1JT  
020 8534 0664  
Wednesdays 12noon - 4pm

## Cundy Community Centre

Hartington Road  
Custom House E16 3NP  
020 7474 6056  
Mondays 12noon - 3.30pm  
Tuesdays - Thursdays 1 - 3pm  
Sundays 7 - 10.30pm

## Field Community Centre

147 Station Road  
Forest Gate E7 OAE  
020 8536 2800  
Tuesdays 10.30am - 4.30pm  
Wednesdays 12noon - 4pm  
Thursdays 12.30 - 1.30pm  
Fridays 10.30 - 11.15am

## Granwell Community Centre

97 Whitwell Road  
Plaistow E13 8DA  
020 7474 5930  
Thursdays 12.30 - 3pm

## Grassroots

Memorial Park  
West Ham E15 3DB  
020 7474 6376  
Tuesdays 9.30am - 12noon

## Hathaway Community Centre

Hathaway Crescent  
Manor Park E12 6LR  
020 8548 4980  
Thursdays 11.30am - 3pm

## Hibiscus Community Centre

Buckingham Road  
Stratford E15 1SP  
020 8519 6159  
Mondays 2 - 3pm  
Tuesdays and Thursdays  
11am - 3.30pm

## Hoskins Community Centre

108 Hoskins Close  
Canning Town E16 3RU  
020 7511 1214  
Mondays 12.30 - 2.30pm

## Jack Cornwell Centre

Jack Cornwell Street  
Manor Park E12 5NN  
020 8553 3459  
Wednesdays 10am - 1pm

## Jeyes Community Centre

James Close  
Plaistow E13 9BB  
020 8471 5856 or  
020 8548 9825  
Mondays 12noon - 4pm  
Tuesdays 12.30 - 4.30pm  
Wednesdays 1.30 - 5pm

## Katherine Road Community Centre

254 Katherine Road  
Forest Gate E7 8PN  
020 8548 9825  
Mondays 2 - 5pm  
Tuesdays 12.30 - 4pm  
Thursdays 9.30am - 4pm

## London Tamil Sangam

369 High Street  
Manor Park E12 6PG  
020 8471 7672  
Tuesdays and Wednesdays  
11am - 3pm

## Malayalee Association of UK

671 Romford Road  
Manor Park E12 5AD  
020 8553 4667  
Tuesdays 1 - 4pm  
Thursdays 10am - 3pm

## Newham African Caribbean Resource Centre

627-633 Barking Road  
Plaistow E13 9EZ  
020 8471 2258  
Wednesdays and Thursdays  
10am - 3pm

## Plaistow Park Community Centre

63 Queens Road West  
Plaistow E13 OPE  
020 8552 1334  
Tuesdays 1 - 4pm

## Rokeby Centre

63 Rokeby Street  
Stratford E15 3NS  
020 8555 3125  
Wednesdays 9.30 - 11.30am  
Fridays 1 - 3pm

## Sree Naryana Guru Mission

16 Barking Road  
East Ham E6 3BP  
020 8471 0720  
Mondays and Tuesdays  
10.30am - 2pm

## St John's Community Centre

Albert Road  
North Woolwich E16 2JB  
020 7476 1666  
Tuesdays 10am - 12noon  
Thursdays and Fridays 1 - 3pm

## St Pauls Church Centre

227 Burges Road  
East Ham E6 2EU  
020 8472 5531  
Mondays 10am - 12noon

## The Hub

123 Star Lane  
Canning Town E16 4PZ  
020 7473 5249  
Thursdays 1 - 4pm

## The Well Community Centre

49 Vicarage Lane  
East Ham E6 6DQ  
020 8586 7070  
Tuesdays and Wednesdays  
10am - 3pm

## Trinity Community Centre

Bothwell Close  
Canning Town E16 1QS  
020 7476 5120  
Mondays, Wednesdays, Fridays  
9.30am - 1pm

## Trinity Community Centre

East Avenue  
Manor Park E12 6SG  
020 8472 8947  
Tuesdays 1.30 - 3.30pm  
Wednesdays 1 - 3pm

## Upton Centre

Claude Road  
Plaistow E13 OQB  
020 8552 8647  
Wednesdays, Thursdays and Fridays  
11am - 2pm

## Woodman Community Centre

Woodman Street  
North Woolwich  
E16 2NF  
020 7511 1214  
Wednesdays 2 - 4pm

## New this year

### Abbey Gardens

Bakers Row  
Stratford E15 3NF  
Tuesdays 10am - 12.30pm  
From 11 May - 30 September

### Park Community Centre

Dormer Close  
Stratford E15 4LQ  
020 8536 2800  
Thursdays 10am - 2pm  
From 27 May



# FOUR SUMMER NIGHTS OF FANTASTIC **FREE** MUSIC



## CENTRAL PARK, EAST HAM E6

**THURSDAY 26 AUGUST**  
7 - 10.30PM

### **LATINO LIVE**



**LATIN MUSIC  
AND DANCE  
EXTRAVAGANZA**

**FRIDAY 27 AUGUST**  
7 - 10.30PM

### **EASTERN BEATS**



**THE FINEST  
ASIAN  
SOUNDS AROUND**

**SATURDAY 28 AUGUST**  
7 - 10.30PM

### **BACK TO THE BOOGIE**



**HEATWAVE  
THE REAL THING  
ODYSSEY**

**SUNDAY 29 AUGUST**  
7 - 10.30PM

### **NEWHAM SUMMERTIME PROMS**



**THE ROYAL  
PHILHARMONIC  
CONCERT ORCHESTRA  
PLUS FIREWORKS FINALE**

No public parking, please use public transport. Tube: East Ham Station. Buses: 58, 101, 104, 474 to Central Park; 5, 147, 238 to Barking Road.

Disabled parking, toilets and access. This event takes place on grass. You may be searched as a condition of entry. No glass bottles or dogs.

*Brought to you by the  
Mayor of Newham*

**020 8430 2000**  
[WWW.NEWHAM.COM/SUMMER](http://WWW.NEWHAM.COM/SUMMER)

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STRATFORD CITY